

ANNUAL NARRATIVE REPORT
APACHE COUNTY
ARIZONA

DECEMBER 1, 1945

to

OCTOBER 15, 1946

5267

By

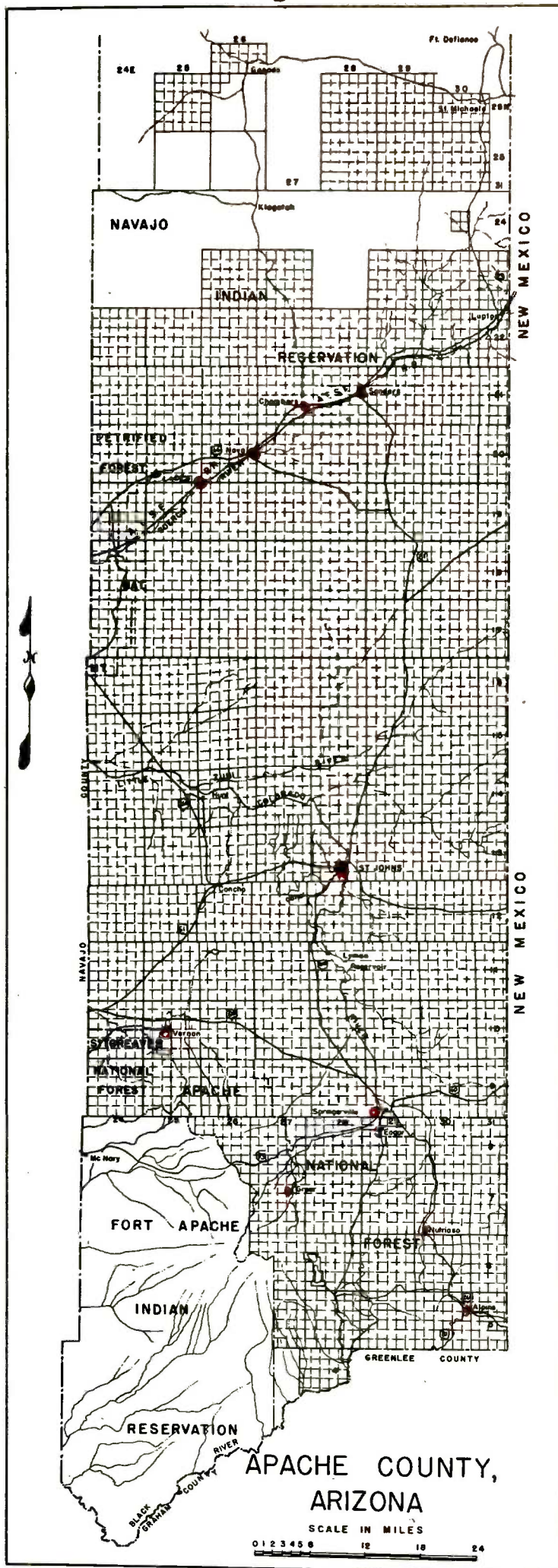
Ruth H. Cook
Home Demonstration Agent

TABLE OF CONTENTS.

	<u>Page</u>
Map of Apache County	1
Description of County	2
Summary -- General Activities	3
Special Activities	3
Extension Organization and Planning	4
Housing	7
Nutrition and Health	9
Food Preservation and Storage	12
Food Selection and Preparation	13
Home Management and Family Economics	14
Clothing and Textiles	15
Family Relationships and Child Development	17
Publicity	17

APPENDIX

Table of Comparisons -- Plan of Work	1
--------------------------------------	---



Home Demonstration Work

Adult Groups

Mileage from
Holbrook:

St. Johns	61
Springerville	91
Eagar	93
Nutrioso*	109
Alpine*	119
Vernon**	58
Pinta	35
Navajo	41
Chambers	48
Sanders	54

*via St. Johns

**via Showlow

Other Communities Served

McNary	65
Greer	109

4-H Clubs

Alpine
Eagar
Springerville
St. Johns

DESCRIPTION OF COUNTY

Apache County, in the extreme northeast of Arizona, stretches about 225 miles from north to south, and about 50 miles from east to west. It ranges in altitude from about 5,000 to 10,700 feet. Approximately 3/4 of the County is Indian Reservation Territory for the Navajo and Apache tribes.

No communities in the County are incorporated. Meetings were held in St. Johns, the County seat, in mid September to work toward this end. McNary is the largest town and is the center of the County's lumbering industry. Springerville and St. Johns are shopping centers for most of the smaller scattered communities. Transcontinental Highway 66 and the Santa Fe Railway cross the County about 50 miles north of St. Johns. People in the small towns come to Holbrook, County Seat of Navajo County, or go to Gallup, New Mexico to shop or do banking. There is no bank in Apache County. In the lower part of the County, the small communities of Eagar, Nutrioso, Alpine and Vernon are almost entirely made up of Mormon people. St. Johns has large groups of both Mormons and Spanish-Americans. Springerville and McNary are largely non-Mormon. McNary has most of the small Negro population of the County.

Cattle and sheep are the chief agricultural products. Except in the communities along the railway, most families raise much of their home food supply.

Health facilities are extremely limited, but have improved considerably since the close of the war. Two doctors have come to St. Johns where there were none the past year. On September 15, Round Valley Hospital re-opened in Springerville, giving the area its only hospital other than those on the Indian Reservation and the Lumber Company's in McNary. Apache County has no public health program and is the only Arizona County without even a school nurse. There is no County library, and recreation programs, other than those in the school and the Mormon Church, are practically lacking.

Ruth H. Cook
Home Demonstration Agent
Apache County, 1946

STATISTICAL SUMMARY

GENERAL ACTIVITIES:

Days given to Apache County work.....	92
Days devoted to work with adults.....	67
Days devoted to work with 4-H clubs.....	25
Days in office.....	57
Days in field.....	35
Home visits made.....	191
Different homes visited.....	80
Office calls.....	53
Telephone calls.....	10
News articles published.....	10
Bulletins distributed.....	1494
Adult method demonstrations.....	21
Attendance.....	255
4-H Meetings attended.....	4
Attendance.....	110
4-H Achievement Days.....	4
Attendance.....	120
Result demonstrations conducted.....	1
Other meetings of an Extension nature.....	2
Attendance.....	51
Meetings not attended by HDA, held by adult local leaders.....	7
Approximate attendance	190
4-H meetings held by local leaders.....	104
Approximate attendance.....	830
Farm homes making changes as result of HDA work..	140
Farm homes reached for first time.....	30
Other homes making changes as result of HDA work.	40
Other homes reached for first time.....	10
Number of 4-H Clubs.....	8
Number of girls enrolled.....	85
Number of girls completing.....	56

SPECIAL ACTIVITIES:

Number of Homemakers clubs.....	2
Active memberships	18
Other groups carrying HDA work	6
Membership.....	105
Families assisted with:	
Improving Household Storage.....	30
Food Preservation Problems.....	95
Meal Planning.....	25
Consumer buying problems.....	20
Simplifying Shirt Ironing.....	65
Clothing Construction Problems.....	60
Christmas Ideas.....	25
Family Relationship Problems.....	30
Family & Community Recreation.....	60

Ruth H. Cook
Home Demonstration Agent
Apache County, 1946

EXTENSION ORGANIZATION AND PLANNING:

Health and Housing continued to receive the main program emphasis in the home demonstration work carried in Apache and Navajo Counties, this past year. In Apache County work has been carried on with adult groups in six communities, - St. Johns, Springerville, Eagar, Alpine, Vernon, and the Puerco district; 4-H Club work was carried in St. Johns, Springerville, Eagar and Alpine in 8 clubs. Individual contacts were also made in Greer, McNary and Nutrioso. Therefore, nine different communities participated in the Home Demonstration program.

The two Homemakers clubs at Springerville and in the Puerco district carried regular monthly meetings. The Puerco club is the much stronger club of the two, probably due to the responsibility assumed by the club of sponsoring the Sanders school lunch program. The Springerville club has dwindled in size and strength, and needs help in drawing in new members and in maintaining an active program. The leadership has not been strong.

The office work for Apache County is carried on in the Holbrook office in Navajo County. Fifty-two days were spent in organization and planning for Apache County out of a total of 92 days of work for the County. Ten of these days were spent in cooperative planning with other agencies, which work is described later.

The year's plan of work, as submitted to the State Office early in 1946, was followed in most respects. Project work was carried out in Kitchen and Clothing Storage; Work Simplification; Canning Methods and Pressure Cooker Testing; School Lunch promotion, operation and storage; flour enrichment and new flour properties; consumer education, fighting inflation and conservation work; leader training in clothing construction; 4-H leader training and enlarging the 4-H program. Plans were laid for increased cooperation with other agencies to include the County Nutrition Committee, P.-T.A., Red Cross, Vocational Education Department, School lunch programs, Farm Security Dental program, State Health Department work, the Arizona Cancer Society and various religious groups.

A comparison of the plan of work with the actual accomplishments can be found in Table I of the Appendix. Plans did not go through for forming a county planning council. It is still hoped that this may be accomplished during the next year.

Time spent in the field in Apache County has been limited to an average of $3\frac{1}{2}$ days per month. The State Office has assisted with plans to expand this time, and an increased bud-

get may allow this to become 5 days during the coming year. It may be possible to spend more time with individual leaders in planning. Attempts will be made to form a county planning group. Even a small group of women working with the Agent on plans would give program direction. Such leaders could help determine the most important recognized needs in this area. In the following pages, plans for the future have been presented along with the report of the past year's activities.

Conferences Attended:

The Agent attended three conferences in the State, and the National Convention of the American Home Economics Association at Cleveland in June, which took her from her two Counties a total of 18 days.

Five days were spent at Annual Conference in Tucson in December, where the home demonstration agents received much help from a discussion and workshop on "Evaluation as a Basis for Planning." A full day was given to 4-H work and resulted in the clarifying of objectives. A most appreciated highlight among the "outside" speakers was the artist, Dale Nichols. He very vividly showed how to use "Color in the Home."

The "radio school" held in Phoenix in March, under Ken Gapen, Western Radio Advisor, gave excellent instruction and practice in this teaching method.

Following the radio school, the Agent stayed over for the Annual Meeting of the Arizona Home Economics Association. Dr. Bessie Brooks West was special guest. This meeting gave the Agent an opportunity to meet many home economists from the other agencies. All such contacts can help strengthen the County program by fostering further cooperation.

Country Life Conference, held in Tucson early in June, was attended by over 100 women from most sections of the State. Four women went from Showlow and Lakeside as Navajo County's delegation. None were able to go from Apache County. The women felt that the talks by Frances Gillmore on "Arizona Folklore" and by Mrs. Mildred Jensen on "Planning a House to Fit Your Income" were the most outstanding and helpful.

To be one of the 2,000 women attending the national annual meeting of the American Home Economics Association in Cleveland was a big thrill for this Agent. She went to the Pre-Extension Conference on the Saturday evening and Sunday before the main meetings.

The need for recruiting home economists was stressed in the opening session. In the Extension Department sessions

good reports were heard on training of home economics personnel, including pre-service, induction and in service training. The Agent discussed this topic briefly with Mary Louise Collings, of the Washington Extension office. Miss Collings stated that seventeen colleges in the country now have some curricula set up for pre-service training. At the last meeting of the Extension Service Department, Mrs. Kathryn Van Aken Burns gave inspiration for facing the job in the future. The total convention gave one a "new look" with which to return to the old job, and resolution to do better at working on essentials.

Cooperative Planning with Other Agencies:

The estimate of 10 days spent in planning cooperatively with other agencies is probably conservative. This Agent has tried constantly to be alert to opportunities for cooperation, and feels that all effort in this direction has brought rich reward.

A Philosophy of Cooperation: Below is a record of cooperation with different agencies. In each section the Agent might have inserted that such cooperation has been made up of many "little things". For example, chatting over a cup of coffee with the Farm Security Supervisor; looking up the Red Cross Nurse to take her out for lunch in a "strange" town; driving a new homemaking teacher into her new territory; calling on the school lunch cook when she was ill; offering the Food Locker operators the latest freezing bulletins; delivering a stove-pipe elbow to a school lunch room. Much cooperation has gone on "unconsciously", but much has been planned "deliberately and experimentally" as a basis for future operations. As a result, this Agent has drawn up some definite resolutions which include these specific "ways to cooperate": exchanging new bulletins or ideas; putting the other person on your mailing list; sending notices of meetings; giving the other agency's program publicity; taking care to give credit to the other agency at every opportunity; asking advice or help; offering help; avoiding adverse criticism of the other agency. This Agent feels that all such activities "pay off" well to everyone concerned.

In her Apache County work, the specific cooperative activities follow:

Farm Security Administration:

Since Farm Security has installed a water system in Eagar and has made arrangements for another such system for Nutrioso and Vernon, there is opportunity to give immediate help to the families benefitting from this program. Possibilities of a cooperative program on kitchen remodelling were discussed with Lois Harrison, F.S.A. District Supervisor. Probably Ex-

tension will need to do most of the work, due to the lack of FSA personnel. However, as far as is practical, such a program will be worked out cooperatively.

Vocational Homemaking Education:

The St. Johns and the Round Valley High School homemaking teachers were looked up by the Agent. The St. Johns teacher promised the Agent to help locate leadership for the older 4-H group which was "deserted" about half way through the club year. She did not succeed, but the Agent feels further contacts with her may result in suggestions for leaders. The Agent got well acquainted with the new Round Valley teacher early in the fall term, and solicited her help in planning the school lunch program there. This teacher promised also to take one of two meetings with the local Homemakers Club. Mrs. Eva Sculley, Director of the State Department of Vocational Education, indicated her desire for her teachers to cooperate with the home demonstration agents. The Agent discussed this with Mrs. Sculley during the sessions of the conference of homemaking teachers in Prescott in late August.

Arizona State Department of Health:

T. B. Testing Program: The Agent contacted Mrs. Margaret deVille, Social Welfare worker in St. Johns, and urged her to get publicity going on this program. The Agent sent a request to the State authorities to change their schedule in the County to include Springerville as well as St. Johns. She urged local groups to send similar requests. Such schedule changes had been refused elsewhere in the State, but the number of requests sent in from this County resulted in action being taken. The Agent plans to propose to the County Red Cross Chairman that some funds be turned over for "follow-up" work after the X-Rays have been taken.

Arizona Red Cross, Arizona Cancer Society, County Nutrition Committee and P.-T.A.:

Planning and participation with these organizations is described later in the Nutrition and Health Section.

HOUSING:

Kitchen Conferences:

The project work on Work Simplification by improved kitchen storage, begun last year, was continued this year. "Kitchen Conferences" were held in Eagar and Vernon, making 7 different towns having such meetings in the past two years.

McNary and Greer are the only towns where such meetings have not been held. It is hoped that this work will be carried on in these towns next year. Additional work on kitchen storage will be offered to all communities as a regular part of home demonstration work.

The Eagar "conference" was held at the home of the school lunch cook. She had her interest in storage aroused through the planning for the lunch room storage. She lives with her elderly husband and two daughters in a small two room house. The daughters sleep in the kitchen. A sink had been placed in the kitchen ready to have water piped in. The homemaker made cookies during the conference, while the group studied her motions and made suggestions for new storage space. The other kitchen conference held in Vernon was entirely different. It was held in a small compact kitchen belonging to an elderly widow. The 10 women attending represented most of the homes in Vernon. The Agent guesses that more changes will result from the Vernon conference than from the Eagar one, due to the better calibre and resources of the group and interest shown during the meeting.

In follow-up visits in St. Johns and Alpine the Agent found inset shelves, subdivided drawers and a flour can on casters. The homemakers showed much satisfaction with their improved storage.

Remodelling:

The Agent helped several other individual homemakers plan kitchen, linen and bathroom storage. She carried a kit of bulletins and the book "Tomorrow's House" with her to give suggestions. There is definite need to collect more kit material on low cost housing for rural western people. At the National Home Economics Association meetings it was evident that Extension throughout the country is recognizing its responsibility in helping people with their housing problems.

Clothing and Linen Storage: Result Demonstration:

One result demonstration was carried in the County with a Chambers homemaker. This was begun in November, 1945, with the Clothing Specialist's help. It was followed up by the Agent several times during the year. The homemaker worked out the specific plans and her father-in-law helped with the construction. Her linen storage was remodelled. The original plans to just work on the children's clothes closet were expanded to include the parents' clothes storage. A seasonal clothing storage closet was made opening off the hall. The closet used for her and her husband's clothes was

subdivided with separate spaces for each of them. High shelves were put in for luggage. The children's closet had low poles added, and some shelves for toys. A club meeting will be held at this home, and the new storage arrangements will be shown to the group.

NUTRITION AND HEALTH:

Health has received much emphasis in the Agent's group and individual contacts and in her cooperation with other agencies.

Water Testing:

Instead of continuing to collect water just for fluorine and total salts tests, the Agent has at the same time collected for bacteriological tests. Of five samples taken, one from Nutrioso and one from Springerville were potentially unsafe for human use. The families were told to boil this water during the dysentery epidemic, and to try to correct the conditions that were making the water bad. Both wells were shallow and had possibilities of surface pollution. Two other samples showed a fluorine content high enough to cause a whitening of teeth. There is need of simple education for these families, as they are easily confused over the two separate water tests. One of the families with "unsafe" water thought the "fluorine and total salts" report, sent them later, contradicted the earlier bad report. The Agent recommends that the laboratory reports should not be sent as such, but that only simplified explanations should go out.

Cancer Education:

Discussion meetings on Cancer Control were held with groups in the Puerco district, in Springerville and in Alpine. The Agent did not undertake to organize Apache County for the April Cancer Drive, as she did Navajo. However, when she discovered that the Puerco group had in 1945, on the initiative of one woman, organized and raised \$300, she arranged for an additional campaign there this year. Last year this club woman had read a Reader's Digest article on Cancer, had written for information, and had carried on a house-to-house canvas of widely scattered ranch families. She was not well enough to carry on this year. An appeal to the Homemakers Club raised volunteer helpers. Two women sponsored a big district dance, and with little effort, \$170.00 was raised and turned to the Agent to give to State Headquarters.

Home Care of the Sick: Red Cross Home Nursing Classes:

Apache County Red Cross Chapter sponsored home nursing classes for the period of a month, with the Nurse, Barbara Bonnickson, spending two weeks at St. Johns and also in the Round

Valley area. The Agent made contacts with the Puerco group, with a McNary leader, and with leaders in Alpine and Nutzioso in an attempt to arrange for such work, or to have representatives attend the classes in one of the two towns.

Considerable difficulty was met in planning for this work, in the Round Valley area. The Agent answered a leader's "S.O.S" and made a special trip there to smooth out friction between the Mormon and non-Mormon groups in Eagar and Springerville. When plans were finally worked out, the program went along smoothly. Adult groups were held in St. Johns, Springerville and Eagar, and classes were also held with the St. Johns and the Round Valley High School girls. It is hoped such work can be carried again next year, especially since no public health nurse or school nurses are in the County. Such course work should be taken directly to the small isolated communities.

School Lunch Program:

Only two school lunch programs are active in the County, at the Sanders school and at the Eagar Grade School. However, definite plans are under way for a program at Round Valley High School, and some talk has started about one for the Springerville Grade School.

The Puerco club continues the sponsorship of this program at Sanders, which feeds about 140 or more students daily. Last year's cook has been very satisfactory, and was rehired for the 1946-47 school year. Before the fall term started the club members held a lunch room shower, and gave a day's work to painting the lunch room and making new gay curtains. The Puerco Red Cross group gave the lunch room 2 pressure cookers. The Homemakers Club has started plans for a new lunch room building, which they hope to have built in a year or two. The Agent saw the Santa Fe Agent about an order for railroad ties to be used in this building. Two hundred and fifty such ties have been reserved for them.

Eagar Lunch Room Storage:

A large second-hand stove and some new cupboards have greatly improved the Eagar lunch room. The Agent spent much time working with the cook on plans. Flour bins on casters fit into the work cupboard, and are a great source of pride for the cook. This lunch program needs much assistance in good food buying methods. The Agent discovered in the spring that they were paying more for bulk milk than they would have for the same quantity bottled; and they were paying 10 cents more for eggs per dozen from a local family than the charge at the village store. The Agent made arrangements for quantity buying prices from a Holbrook wholesale house. Extension can offer a real service to such programs in this area, where local workers have little background for the job of lunch room

operator. The Agent urged the Eagar P.-T.A. to have an apple canning day at the community cannery, using surplus apples, to stock the lunch room cupboards.

Round Valley Lunch Plans:

Throughout this whole year, the Agent has kept in constant touch with the Round Valley P.-T.A. group who are working toward a lunch program for the high school. This group served food at the weekly Round Valley auction to start a fund for this project. This fall, new money making plans have been added, including amateur nights at the show and box suppers. The Agent urged the P.-T.A. group to delay plans until the fall to include the ideas of the new principal and the new home economics teacher. Efforts to arrange for the lunch program to be housed in the school building failed, due to the attitude of the school board about such a use of the school property. The Eagar Mormon bishop offered the free use of a brick seminary building across from the school. Plans are being made now for piping in water, purchasing equipment, and for the general kitchen layout. It seems that a good cooperative program can be carried out here, with the High School boys and girls helping collect wood for fuel, build cupboards, make curtains and tea towels, can applesauce, and the like. The Agent's successor and the nutritionist were to meet with the planning committee early in October to help carry plans further. This particular program has given the Agent much satisfaction. She feels Extension can play an important role here in helping groups cooperate who have been accustomed to "feuding". Just one year ago, the past principal stated that a lunch program there would start "over his dead body", as he felt it impossible for the Mormon and non-Mormon groups to work satisfactorily together on it.

County Nutrition Committee and P.-T.A. Combine for Annual Meeting:

The Agent initiated plans for a joint annual meeting of the County Nutrition Committee and P.-T.A. Council. She helped with the publicity for this supper meeting, held at the Eagar school lunch room on April 6th. Forty-five people were served a good meal by the Springerville P.-T.A. Reports were given by all groups and 11 communities were represented. Talks were given by the Red Cross Nutritionist, the Red Cross Nurse, Dr. J. E. Kalb, of Holbrook, D. W. Rogers, County Agent, and this Agent. Hazel Maxwell, of Springerville, was elected Nutrition Committee Chairman.

Local Nutrition Chairmen Selected: The Agent visited Mrs. Hazel Maxwell to help her get local community chairmen appointed. Later, the Agent contacted some leaders for Mrs. Maxwell and reported the results to her. Chairmen are now appointed in the

Puerco district, St. Johns, Springerville, Eagar, Alpine, Nutrioso, Greer and Vernon. It may be decided later to initiate plans for the "streamlined" Red Cross nutrition course in this County. If so, this committee will carry the organization details.

Future Proposals for County Nutrition Committee Activities:

The Agent feels that this group, which has been largely inactive the past two years, should increase its scope of work to cover other health work. She is recommending to the County Chairman that the group become a "County Health and Nutrition Committee". They could sponsor and cooperate with such programs as the T. B. Testing, water testing and dental programs of the Farm Security Administration in addition to the usual nutrition activities.

FOOD PRESERVATION AND STORAGE:

Pressure Cooker Testing Program:

Only 3 clinics were held this year at St. Johns, Eagar and Vernon in contrast to 8 clinics held in 1945. Four cookers were tested at a home call in Alpine, since plans for a regular clinic there did not materialize. In Apache County this year 82 cookers were tested, belonging to 80 homemakers from 5 communities. Of the 82 tested, 19 or 22%, were correct or just a $\frac{1}{2}$ pound out; 5 or 6% needed replacement; 50, or 61%, read at least 1 pound low (positive correction); and 8, or 10%, read 1 pound too high (negative correction).

At the 3 clinics, local leaders did a good job of carrying on the testing, after a preliminary training period by the Agent. This freed the Agent's time for individual conferences with homemakers.

In 1945, at the 8 clinics, 96 cookers were tested. In other words, 14 more cookers were tested than in 5 additional clinics. Much less time was spent by the Agent this year, with better results for the time spent.

Plans are under way now for 1947 testing to be done at the two community canneries at St. Johns and Eagar. Attachments are to be added to the pressure lines, and cannery operators and local leaders will be trained in testing techniques. Mr. W. E. Reed, of the Vocational Education Department of Phoenix, is looking for these attachments, and will instal them.

General Food Preservation Problems:

Many questions on canning and pressure cooker operation were answered at the 3 clinics while the local leaders did the testing. Several requests have been followed up on brining

beans and cauliflower, and one woman asked for directions for drying grapes. A newcomer to Springerville was sent directions for making vinegar from apples. Tons of surplus apples are going to waste in an area where most people buy their own vinegar. This matter will be discussed with the Nutritionist on her October visit, and it is hoped practical suggestions can be worked out.

Food Spoilage:

Poor sealing of certain lots of Kerr lids has caused some food spoilage in this area. This can be serious here, if many defective lids are in stock, for nearly all Apache County homemakers use these "self-seal" lids.

Frozen Food Locker Operators Assisted:

Bill Williams, locker plant operator in Springerville, was visited several times. Reva Lincoln, the Nutritionist, discussed meat wrapping methods with him, and made recommendations for getting better quality paper. Mr. E. T. Wilbur, operator of the St. Johns plant, was visited and given bulletins for himself and his patrons.

Plans were started for community meetings and will be completed in early October by the Agent's successor assisted by the Nutritionist.

The Agent has found only one Apache County homemaker who has a home freezer.

4-H Canning:

Eight Eagar and Alpine girls enrolled in canning. One girl completed in September. The others will be completed in October by the Itinerant Agent.

FOOD SELECTION AND PREPARATION:

Holiday Recipes:

The Agent gave out Reva Lincoln's bulletin "For That Holiday Dinner" to both the Homemakers Clubs in Springerville and the Puerco district at their Christmas suggestions meetings. She sent in a news item to the St. Johns paper about this bulletin. She also sent 62 of Jeannette Hendricks' Christmas recipes printed by the State office to 6 local leaders for distribution to their groups.

Simplified Meal Preparation:

The Nutritionist, Reva Lincoln, conducted a home work

meeting on simplified meal preparation with the Springerville Homemakers Club. The women prepared a simple meal, tasted the dishes, and left the rest to be served that night to the family. The day before the meeting, the Nutritionist and the Agent visited the homemaker and tried to get her ideas on what to prepare. Her complete reliance on their suggestions seems typical of women, and illustrates the great need to help women make their own decisions, and do their own thinking. From the Agent's point of view, it is much easier to "prescribe" for the women. This does not, however, fulfill Extension's obligation to develop people's ability to think for themselves.

Sugar Substitutes:

The Alpine Relief Society President was sent fifteen bulletins giving sugar substitutions, after requesting this information for her group.

Breadmaking:

A Springerville homemaker said she had gone to several homes to show women Jeannette Hendricks' breadmaking methods and fancy forms. She was very definite in her statement that this work was more "far-reaching" than any other projects carried there for some time.

4-H Meal Planning:

Meal planning work was carried by 4 Alpine girls, but none were ready to complete at the August Achievement Day. Two girls indicated they wished to complete and will be given the chance to do so in October.

No other groups carried this work, though plans had been made for Springerville girls to have a summer club. Problems of such club work were discussed with the Nutritionist. It has been difficult to carry both clothing and meal planning work in the short summer club period. The clothing work has taken precedence, probably because of the greater security leaders feel in leading, due to fewer problems of teaching and of obtaining supplies. An effort will be made to get "all-year round clubs" going in the County, so that more girls can get the benefit of this work. The increased Apache County budget will allow a little more time to be spent with leaders, which may build up the work.

HOME MANAGEMENT AND FAMILY ECONOMICS:

Consumer Buying:

The two homemakers clubs held discussion meetings on "Consumer Buying Problems Today". Emphasis was mainly on clothing and food buying. The increased cost of living has become a real problem to many of these rural people, who have not had a comparable increase in income and who have to depend on small towns as their main shopping centers.

CLOTHING AND TEXTILES:

Remaking Clothing:

The two Homemakers clubs at Springerville and in the Puerco district held work meetings on Remaking Clothing with local leaders in charge. They were supplied with a kit and with charts and bulletins.

4-H Clothing Work:

Eight clothing clubs in the four communities of St. Johns, Springerville, Eagar and Alpine had 85 girls enrolled, with 56 completing their clothing work. Last year this work was carried in only one community, St. Johns, with 18 completions.

Twelve new leaders were found this year, but five of them did not come through to finish their project year. In some cases, the work did not suffer as other leaders took over. In St. Johns, however, only 3 of the 18 girls completing last year managed to finish this year, though 16 started. This Agent realizes more and more the importance of the careful selection of leaders, and of having good assistant-leaders to keep up the the continuity of club work. It is hoped more time can be given to the finding and early training of leaders next year.

Some girls have been encouraged to enter their work in the State Fair in November.

Club work will be carried on an all-year round basis in Springerville. A small club carried work last winter, and this will be expanded this year to include all girls of club age who wish to join.

Springerville consists largely of non-Mormon white population, but has quite a number of Spanish-Americans and some Mormons. There has been much friction between these races and religious groups in the past. 4-H Club work is a good avenue through which better relationship can be taught. In the past, in this area, few Spanish-American girls have done club work. This summer, a fine Mormon leader, pictured on the next page, had 3 Spanish-American girls in her club. In the fall club, she will assist a non-Mormon leader, and it is hoped that the mother of the girls shown in the picture will be an assistant leader. At a preliminary organization meeting, when the Agent made these awards, one girl said to the Agent: "I didn't know Mexicans could be in 4-H."

Apparently here is one place where Extension has failed in this area, and much effort is being made now to have 4-H serve all Americans, to foster tolerance among the different races and religions.



Two Spanish-American girls receive their awards while their Mormon Leader looks on with pride.

Simplified Shirt Ironing:

This project might better have been described in the section on "Home and Furnishings"; as it involves improved equipment and work methods.

Work meetings were held in five Apache County communities with fifty-six women attending.

The Agent had the women study time and motion in methods they use in ironing, suggest improved methods, and then follow the method in Elaine Knowle's bulletin "A Simple Way to Iron a Shirt."

A study of results was not made, but evidences keep showing. For example, a St. Johns woman, who could not go to the meeting, was told about the method by a neighbor. She borrowed the bulletin, and has used the method since.

The difficulty in obtaining plywood or wide boards has made it impossible for many to build new ironing boards, but the method has been used on tables and on small boards. Many women have stated they wish to get the wide boards made as soon as materials are available.

FAMILY RELATIONSHIPS, -CHILD DEVELOPMENT:

Christmas Ideas Workshop:

An all-day workshop on Christmas Ideas was held with the Puerco group. One member of this group is very skilled in making children's toys and could be used as a leader for future meetings.

Solving Family Problems:

One discussion meeting was held on this topic following the technique set up by Lydia Ann Lynde. The Agent felt it was successful, but has not used it again as such. Instead, she has tried to use the same technique in her separate subject matter meetings.

Recreation and Community Life:

Two Homemakers clubs carried good recreation meetings during the summer. The Puerco club joined in with the Red Cross group and held a big community barbecue, which drew more than 100 people. This same group gave a fall reception for the new teachers at the Sanders school. They reported much pleasure over the weekly shows that are now being given at the school house. This means much to these isolated families who have had to go 50 miles to the nearest theater.

As a general practice, the Agent feels that, in all our future meetings, there should be more emphasis on "recreation." Actually, time taken to sing a song before starting a demonstration or work meeting, is well spent, as it relaxes the women and makes the other "teaching methods" have a better chance to produce results. Extension has as much responsibility to teach people how to enjoy themselves and their job as homemakers as to acquire homemaking skills.

PUBLICITY:

Throughout the year, the Agent has furnished Mr. D. W. Rogers, Apache County Agent, with two or three items a week to use in a joint "County Agent-Home Demonstration Agent" column. The column contained items furnished by this Agent 10 times during the year. One of these combined columns appears on the next page:

APACHE COUNTY INDEPENDENT-NEWS & HERALD-OBSERVER

Friday, June 21, 1946

Farm & Garden Notes

by

D. W. Rogers, Farm Agent, and
Ruth Cook, Home Demonstration
Agent

Washing Machine Rules

For the housewife who will soon be buying a new washing machine, and for the one who wants to keep her old machine in good repair, here are six simple rules: 1. Know your machine. Study the manufacturer's printed directions in order to get the best and most lasting service. 2. Wash the right clothes load for your machine. Avoid overloading. 3. Keep drains clear of lint, surfaces clean and dry. 4. Take special care of all rubber parts, drain hose, keep rubber free of oil. 5. Keep moving parts properly oiled; bolts and screws tight. 6. Have regular check-overs to avoid trouble and unnecessary expense.

Getting rid of cockroaches is not so difficult as it is tedious. You must stay with the job until the last roach is dead, the last egg is

hatched, and its product also killed. You must be vigilant. The deadly poison, Sodium Flouride is the most effective material to use. This may be applied with a dust gun. Blow it into the cracks and covered places, or place it on paper where the roaches feed. Remember two points, be careful and persistent.

The frozen vegetable industry is just in its infancy, amounting now to only 1.5% of total vegetable production. A rosy future is predicted for it however. One forecaster, who may be over-optimistic thinks within 10 to 15 years 65% of all perishable foods will be quick frozen.

Orchardists buying bands to apply to fruit trees to prevent codling moth damage should be sure the bands come from reliable manufacturers, D. J. N. Roney, Extension Entomologist, warns. He reports last year several growers received bands which did not kill the larva.

News notes have been turned in from time to time by local leaders on local club meetings. Also, the paper has carried items on the County Nutrition Committee meetings, the organization of the St. Johns 4-H Clubs, and the Springerville 4-H Club Achievement Day.

A P P E N D I X

TABLE I.

COMPARISON OF PART OF YEAR'S PLAN OF WORK WITH ACCOMPLISHMENTS.

<u>Plan</u>		<u>Accomplishments</u>	
<u>I HOUSE AND FURNISHINGS:</u>			
1.	8 Kitchen Conferences	1.	2 Kitchen conferences in Eagar and Vernon
2.	Changed kitchen storage in 16 homes	2.	30 improved kitchens
3.	Improved conditions in 2 lunch rooms	3.	Eagar lunchroom built storage Sanders lunch with new counters, painted, curtains, new equipment.
4.	15 clothing closets improved- 10 meetings held	4.	No meetings held; 1 result demonstration completed Clothing and linen storage improved; Meeting still to be held
<u>II NUTRITION AND HEALTH:</u>			
1.	100 homemakers assisted with food pres. problems	1.	95 assisted
2.	100 cookers checked	2.	82 cookers checked
3.	25 homemakers given newest meat canning directions	3.	50 homemakers assisted this way
4.	1 community freezing meeting.	4.	Not held, but plans laid for meetings, St. Johns and Springerville, spring 1947
5.	2 more schools serving lunch 3 more communities interested.	5.	Definite beginning on Round Valley high school program, plans started for Springer-ville grade school Alpine, Nutrioso, Vernon and St. Johns leaders interested in lunch promotion.
6.	2 new clubs carrying meal planning	6.	Alpine carried work; Springer-ville planned to, but failed.
7.	Water analyses in all schools and other communities	7.	Samples from Pinta, Springer-ville, Eagar, Nutrioso, developed interest in testing.
8.	Promote "Fact-finding"	8.	Plans for getting 4-H members and school children's weights; cooperation with school teachers, principals and superintendent.
<u>III FAMILY ECONOMICS:</u>			
1.	Assist women with buying problems	1	20 women assisted
<u>IV CLOTHING AND TEXTILES:</u>			
1.	50 women improving shirt ironing methods	1.	65 women "simplifying their methods
2.	25 women assisted with clothing construction problems	2.	30 women assisted 105 girls enrolled in 4-H clothing clubs

ANNUAL NARRATIVE REPORT

OF

APACHE COUNTY, ARIZONA.

October 1, 1946 - November 30, 1946

Alta Mortensen
Itinerant Home Demonstration Agent

Supplement to
Annual Narrative Report
by
Ruth H. Cook
Home Demonstration Agent

EXTENSION ORGANIZATION AND PLANNING:

In the two months the Agent has been on duty in this County, she has attempted to become acquainted, not only with the people and their needs, but with the geographical, cultural, and economic situations and the offerings of Apache County. The office work, planning, report making and record keeping for Apache County is conducted in the Holbrook office in Navajo County. The Agent has spent an average of three days doing field work in the County each month.

Specific plans have been made to conduct spring meetings on methods of food preservation by freezing; a meeting on curing pork; winter meetings on home furnishings; and fall meetings on children's clothing. The Agent was assisted in this planning by the former Home Demonstration Agent, the State Leader, Extension Specialists, and the homemakers themselves.

HOUSING:

In late October the Agent attended a Rural Housing Conference conducted by the Extension Service. Both State and Federal Extension Specialists, and professional men well qualified in their special fields relating to housing, were speakers at the conference. The two days succeeded in giving the Agent a picture of the housing situation in Arizona. What we can expect the future to bring in relation to housing, both economically and materially, was the theme of much of the discussion. Assistance and suggestions for introducing a housing program to the county program were given, and the Agent will attempt to use these aids in planning work for next year. As in all of Arizona, the number of rural families with building and remodeling problems is increasing. People in both the Agent's Counties are doing much of the building themselves, and therefore, need much assistance and advice. To date, all homemakers approached on the subject have been eager for any help or information this Agent could bring them. She feels that the Rural Housing Conference was an excellent basis for building her program in housing during 1947.

NUTRITION AND HEALTH:

Cooperating with the Anti-Tuberculosis Association, the Agent carried out a program promoting the Chest X-Ray Clinics held in two towns in Apache County. This was done through personal home visits, contacts with groups and group leaders (Homemakers Clubs and Relief Societies) and the distribution of posters. Both individuals and groups showed great interest in the program. This interest was intensified in St. Johns because of an active

case of tuberculosis discovered in a well-known family. One thousand twelve (1012) people were X-rayed in St. Johns, and 600 at the Clinic in Springerville. The Agent feels this program has not only resulted in possible detection and care of formerly "hidden" cases of tuberculosis, but has done much to increase awareness of the poor health conditions in Apache County. The Agent plans to assist Margaret de Ville, County Social Welfare Worker, in the necessary follow-up on findings of the Chest X-Ray clinic. She will also continue to keep homemakers informed of health situations, and by creating an awareness of possible steps they can take, help to improve health conditions in the County.

A study of the growth records of pupils in the Round Valley High school is under way. Through the cooperation of a local doctor and the High School coach, each student is to be weighed and measured once a month. Records of their growth will enable the Agent to gain a rough indication of the health of the pupils. Since many of these children come to high school from neighboring towns, and are now eating either a cold lunch, or the somewhat inadequate meals offered by two small local eating places, their weight gains this year will be interesting, when compared with those of next year when, it is hoped, the P.-T.A. will have a school lunch program in operation.

In order to help make people in the vicinity take an interest and some responsibility in the recently reopened White Mountain Hospital at Springerville, the Agent sought to find some volunteer help for the head nurse -- Mrs. Littlejohn. This woman, recently released from the Army Nurse Corps, has a great interest in the little hospital, and had been on duty 24 hours a day since the hospital reopened. She not only cared for patients, but was scrubbing, painting and cleaning the hospital. By contacting the local P.-T.A. President and the Relief Society President, the Agent succeeded in recruiting volunteer help. Local citizens, both men and women, and a High School Home Economics class, spent time cleaning the hospital under Mrs. Littlejohn's supervision. The Agent feels that, not only was the nurse assisted in getting the hospital in functioning condition and "hospital clean", but the people who assisted, as well as the persons they contacted, will feel a more personal interest in the success of the hospital. Such interest and assistance is essential to the success of this small hospital, which is a major addition to the health service now available in Apache County.

FOOD PRESERVATION AND STORAGE:

In order to take advantage of the unusually good apple crop in Round Valley, and to help school lunches to keep within their budgets, the Agent assisted three school lunch programs in making plans to can surplus apples for use in the lunchrooms this

winter. The Agent made arrangements for the Puerco Homemakers club to obtain apples for the picking. This Club sponsors the lunchroom at Sanders, and since the program is self-supporting and asks no Federal assistance, they were particularly appreciative of this help. The Round Valley P.-T.A., which will operate a school lunch next year, also canned apples that were donated. A total of 415 quarts of applesauce was canned by the three groups. This food, secured at little or no cost, will materially aid the lunch rooms in serving meals at a minimum cost.

CLOTHING AND TEXTILES:

As the beginning of a series of meetings to be held in both Navajo and Apache Counties by the Agent, a meeting introducing the Government-designed work aprons and jackets was conducted in Springerville. The aprons met with enthusiastic approval, and the women were very much impressed with the jacket. At the same meeting, the Agent showed the homemakers the advantage of "dot snappers", and demonstrated how to attach them. The women were particularly interested in this new substitution for the old button and buttonhole. To date, three Springerville women have purchased kits to put these snappers on with, and five of the eight women present at the meeting have made at least one of the aprons shown, and two women have purchased the jacket pattern. The Agent plans to carry this meeting to other clubs in the County; because, judging from her own observations and comments of the women who attended the Springerville meeting, the majority of homemakers are anxious to have more comfortable, easier-to-care-for work garments. To the Agent, the enthusiastic welcome given the "dot snappers" is an indication of the gratitude these rural women have for new and improved equipment and methods brought to them.

Alta Mortensen
Itinerant Home Demonstration
Agent
Apache County, Arizona